

August Newsletter

August 2018



Medilodge of Lansing

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**Celebrating
August**

**Happiness
Happens Month**

**National Peach
Month**

**Ice Cream
Sandwich Day
August 2**

**National
Relaxation Day
August 15**

**Tell A Joke Day
August 16**

**National Senior
Citizen Day
August 21**

**National Banana
Split Day
August 25**

**National Trail
Mix Day
August 31**

What Does August Have In Store For Us?

As our summer comes to an end, we ask, "What does August have in store for us?" In an effort to make every day a celebration, or at least something special, we have chosen to plan out Activity Calendar around the "National Days" calendar. National days are observances that have been officially marked to commemorate a group, thing, or idea. Anyone can put in an application for a National Day, which brings to mind the question, "What National Day would you like to celebrate?"

At Medilodge of Lansing, we will be celebrating a few of these National Days, centering activities around the special day and theme. We will be snacking on ice cream sandwiches

Gardening with Karen

Many residents and families have been admiring the large, healthy garden located on the back patio. This garden, which includes elevated beds and two vertical planters, has been a labor of love tended to by our hard working Activity Assistant, Karen and several dedicated residents.

They started the garden in the Spring by planting seeds. Through daily weeding and watering, this garden is now ready to be harvested.

for Ice Cream Sandwich Day, telling jokes all day on Tell A Joke Day, and sipping lemonade on our front porch on Relaxation Day. We will be making Peach Crisp for National Peach Month and making our own Trail Mix on National Trail Mix Day.

Take a moment to check out our Activity Calendar and see the fun we will be having the whole month long. As always, we encourage family and friends to join in the fun!

*We might think we are
nurturing our garden, but
of course it's our garden
that is really nurturing us.
-Jenny Uglow*

The residents have enjoyed picking and cleaning the vegetables. We have sat around the table snapping green beans and reminiscing about gardens we have grown in the past. We have eaten carrots, beets and cucumbers, and we are looking forward to our tomatoes ripening. We have even made pickles using our own cucumbers!

Thank you Karen and residents for your labor of love!

*I found I could say
things with color
and shapes that I
couldn't say any
other way---things I
had no words for.*

--Georgia O'Keeffe

Bring A Little Color Into The World!

Adult coloring has taken the country by storm, and it seems everywhere you look, adult coloring books are appearing. This "fad" is catching on and people are being spotted coloring at airports, in doctor's office waiting rooms, and even in breakrooms at work. All types of people are coloring: men and women, young and old. Coloring is no longer an activity reserved for those in preschool and it no longer is being done with Crayola crayons.

One reason coloring is so popular is the many useful and healthy benefits for the body and the brain. Coloring improves moods, relieves stress, helps maintain motor function, reduces agitation, promotes socialization and reminiscing, improves dexterity, improves eye-hand coordination, and promotes accomplishment. A recent article in Golden Carers explains, "therapeutic value of coloring comes in part from the

participants need to concentrate and in doing so they may 'forget' their troubles whilst in the midst of a coloring activity. Relaxation and meditative moods often follow."

At Medilodge of Lansing, we have incorporated coloring activities into our weekly activity schedule. We have activities, such as "Sip and Color", which promotes socialization and group discussion. Weekend coloring contests are held to encourage independent activity, while at the same time it allows individuals to be creative and self-expressive.

I personally color in my free time. I noticed many friends doing it and thought I would give it a try. I have found it to be very relaxing and stress relieving. It also has allowed me to be creative and when I complete a picture, I have a sense of accomplishment.

I encourage everyone to bring a little color into the world and give adult coloring a try!

Ann Walker, Activity Director

Lansing Walk To End Alzheimer's

Medilodge- Lansing Area will be lacing up their walking shoes and taking to the streets around the Capital on Saturday, September 23rd for the annual Walk To End Alzheimer's. This event raises money that goes toward research, education and support to individuals and families struggling with Alzheimer's and other forms of dementia.

According to the Alzheimer's Association, more than 5 million Americans are living with the

disease. There are an estimated 16 million caregivers of people living with Alzheimer's and other dementias in the United States. These figures demonstrate how Alzheimer's and dementia touches so many of our lives.

To register or donate to this event, please visit act.alz.org and search for the Lansing , Michigan walk. You can also contact the event organizer, Nicole Bebee at nbebee@alz.org. We look forward to seeing you there!

**2018 Walk To End
Alzheimer's**

September 23, 2018

Beginning at 12:45

**Michigan State
Capital**



Martin Luther King Jr. won the Nobel Peace Prize in 1964.

A Dream Improvised

On August 28, 1963, civil rights leader Martin Luther King Jr. delivered his famous “I Have a Dream” speech at the foot of the Lincoln Memorial in Washington, D.C. Before him stood a crowd of 250,000 people who had attended the March on Washington for Jobs and Freedom. King’s speech may be the most famous in American history, but he did not even write it until he arrived at his hotel room the

night before. Indeed, he finished his final draft after midnight on the day it was to be delivered. In his speech, King synthesized themes from both the Bible and the U.S. Constitution, but he broke from his written remarks to ad-lib the “I have a dream” section that is so well-known today. It was gospel singer Mahalia Jackson, standing just behind King, who said, “Tell ‘em about the ‘dream,’ Martin.” And so he did.

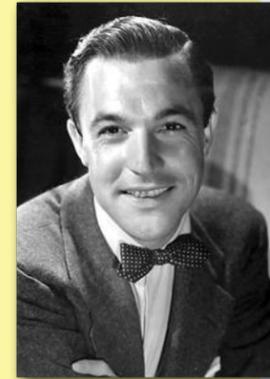
Fall Prevention In Your Home

According to the National Institute of Health, one in four adults over the age of 65 fall each year. Fall-proofing your home and taking care of your overall health can greatly reduce your chances of a fall. Avoid falls by following these tips:

- Have handrails on both sides of your staircases and use them when going up and down the stairs. Avoid carrying objects up and down staircases.
- Make sure there is good lighting with light switches at the top and bottom of staircases and light switches at the entrance of each room.
- Make sure that carpets are firmly attached to floor. Avoid use of any throw rugs or area rugs.
- Mount grab bars near toilets, and inside and outside of tubs and showers.

- Wear non-skid, rubber soled shoes or socks with rubber grippers on the bottom of them. Avoid going barefoot.
- Always stand up slowly.
- Used assistive devices such as a shower seat in the shower, a grab stick (to reach items high or out of reach), or a cane or walker.
- Avoid standing on chairs or similar items to reach something high or hard to reach.
- Know the side effects of any medications that you are taking. Some medications may cause dizziness or loss of equilibrium.
- Have your eyes and hearing tested regularly.
- Keep pathways and staircases free from clutter and tidy.

According to the National Council on Aging, an older adult is treated in the emergency room every 11 seconds due to a fall.



Notable Quotable

Dogs have a way of finding the people who need them, and filling an emptiness we didn't ever know we had.

~ Thom Jones



August Horoscopes and Birthdays

In astrology, those born between August 1–22 are Lions of Leo. Leos are natural-born leaders: confident, charismatic, and creative. Leos also use their humor and loyalty to bring people together. Those born between August 23–31 are Virgo Virgins. Virgos are one of the most careful signs of the zodiac. They pay attention to detail, analyze problems, and plan so as to leave nothing to chance. These amazing listeners give excellent advice.

Benefits of Pet Therapy

Medilodge of Lansing is pleased to offer weekly pet therapy visits to our residents. This is one of our most popular and highly anticipated activities we have for our residents. Each week, volunteers from Love On A Leash visit with their dogs and go room to room, spending quality time with residents.

Some of the benefits of pet therapy include: improved communication, improved ability to reminisce and share memories, improved movement,

Herman Melville – August 1, 1819
 Tony Bennett – August 3, 1926
 Lucille Ball – August 6, 1911
 Dustin Hoffman – August 8, 1937
 Alex Haley – August 11, 1921
 Don Ho – August 13, 1930
 Julia Child – August 15, 1912
 Roberto Clemente – August 18, 1934
 Al Roker – August 20, 1954
 Gene Kelly – August 23, 1912
 Mother Teresa – Aug. 26, 1910
 Michael Jackson – August 29, 1958
 Buddy Hackett – August 31, 1924

increased social interaction, and a reduction in loneliness.

Studies indicate that pet visits can decrease anxiety and depression. Making a connection, even with animals, is something that many seniors struggle with maintaining. Our weekly pet visits with dogs such as Tasha and Fletcher provide an opportunity for residents to make a personal connection, show some love and receive some affection back from our furry friends.

Therapy Corner

Some individuals cringe at the idea of having to receive therapy. For some, therapy evokes images of workout gyms or monotonous exercises done hours on end. But therapy, or rehabilitation, is so much more.

At Medilodge of Lansing, residents can receive physical therapy, occupational therapy and speech therapy. The goal of therapy is to help the client return to the lifestyle they once enjoyed and live their life to the fullest.

One example of this is through our

occupational therapy program. Our occupational therapists work with residents as they perform daily activities of living, such as brushing their teeth and setting up their medications. Our residents even have an opportunity to cook in the therapy kitchen, to ensure that they can succeed at caring for themselves upon returning to home.

This is just one example of the great therapy opportunities available to our residents at Medilodge of Lansing.